

Ticks and Mosquitoes can cause disease

West Nile Virus (WNV)

Mosquitoes that carry WNV are common throughout the state and are found in urban as well as more rural areas. While WNV can infect people of all ages, people over the age of 50 are at higher risk for severe infection.

Eastern Equine Encephalitis (EEE)

EEE is a rare but serious illness spread by the bite of an infected mosquito. While EEE can infect people of all ages, people under 15 years of age or over 50 years of age are at greatest risk for serious illness.

Tick Borne Diseases

Ticks can be out every month of the year. Not only do they carry Lyme Disease, but also Babesiosis, Ehrlichiosis and Anaplasmosis. A rash will not always appear so seek professional attention if bit.



**100+
Mosquitoes
Can Breed in this
Amount of Water!**

**Mosquito and tick
illness are
100% Preventable**

There are **no vaccines**
to prevent or cure
mosquito and tick illnesses.

You can take steps
right now to keep you,
your family, your pets and
your community safe.



Mosquito and Tick Infection Prevention

West Nile-EEE
and
Tick-Borne
Diseases



**Amherst
Health Department
70 Boltwood Walk
www.amherstma.gov**

Remember, during dusk to dawn hours....

Wear long clothes and cover bare skin.

Be careful with kids; choose the right repellent.

Avoid swamps and water where mosquitoes live.

And empty or change standing water, like birdbaths!



What You Can Do

Avoid Bites: Think about the time of day, where you are going to be and what you are doing.

Dusk to dawn is when mosquitoes more likely to transmit disease are biting. Schedule outdoor events to avoid dusk to dawn during high risk periods. If you have to be out dusk to dawn, wear long-sleeved shirts and long pants and consider wearing a repellent.

Certain Areas are more prone to mosquitoes and ticks. For example: stay away from swamps to avoid mosquitoes and stay on trails to avoid ticks.

Activities such as exercise, which produces lactic acid in your sweat, attract mosquitoes. Exercise outside during the day or indoors dusk to dawn.

Repellent: If You Choose to Use, Pick the Right Repellent and Use Correctly: Use a repellent proven to be effective such as DEET, Permethrin, Picaridin, Oil of lemon Eucalyptus or IR 3535. Be sure to use and to re-apply according to the instructions on the label!

DEET products should not be used on infants under two months of age and should be used in concentrations of 30% or less on older children.

Oil of Lemon Eucalyptus should not be used on children under three years of age.

Permethrin products are intended for use on items such as clothing, shoes, bed nets and camping gear and should not be applied to skin.

Protect your Pets: Dogs can get EEE, but it is very rare. Horses, llamas, deer and alpacas are at risk. Do not use insect repellents made for humans on your pets. Animal metabolisms are different and products can be toxic. Talk to your vet about vaccination!

Mosquito Proof Your Home: Repair holes in your screens and make sure they are tightly attached to the windows or doors.

Reduce breeding sites: Drain standing water in your yard. Change the water in birdbaths every few days. Turn over, empty or get rid of things that might collect water such as tires, blue tarps, cans, buckets and wheelbarrows. Keep pools chlorinated. Clean clogged roof gutters; remove leaves and debris that may prevent drainage of rainwater.

Questions & Answers

Do the same types of mosquito transmit EEE and WNV?

No! There are many types of mosquitoes, Massachusetts has 50 types. There are two that carry disease in our area.

1. *Culex pipiens* breed in standing water such as gutters, buckets and transmit WNV. This is why standing water should be drained.

2. *Culiseta melanura* breed mostly in swampy marshes and transmit EEE. The environment of Amherst contains many swamps. This is why Amherst has this mosquito and everyone should take precautions.



What is the season for tick and mosquito infections?

Ticks are out almost all year so always take precautions. Tuck pants, into socks, use a repellent and stay on the trail. Check yourself and your pets after being outdoors every day!

Mosquitoes that are out from dusk to dawn are the ones that usually transmit disease, so take precautions until the first 'killing' frost. Mosquito activity decreases when temperatures drop into the 50's at night.